



**American
Red Cross**

Level 6 – Lifeguard Readiness

Instructor: _____

Date: _____

Student's Name

| | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
|---|----|----|----|----|----|----|----|----|----|-----|
| Endurance Skills | | | | | | | | | | |
| Front crawl | | | | | | | | | | |
| Back crawl | | | | | | | | | | |
| Breaststroke | | | | | | | | | | |
| Elementary backstroke | | | | | | | | | | |
| Sidestroke | | | | | | | | | | |
| Butterfly | | | | | | | | | | |
| Turns | | | | | | | | | | |
| Front crawl open turn | | | | | | | | | | |
| Sidestroke open turn | | | | | | | | | | |
| Backstroke open turn | | | | | | | | | | |
| Front flip turn | | | | | | | | | | |
| Breaststroke turn | | | | | | | | | | |
| Butterfly turn | | | | | | | | | | |
| Backstroke flip turn | | | | | | | | | | |
| Review Skills and Information | | | | | | | | | | |
| Feet-first surface dive | | | | | | | | | | |
| Pike surface dive | | | | | | | | | | |
| Tuck surface dive | | | | | | | | | | |
| Check-Call-Care | | | | | | | | | | |
| Call for emergency help | | | | | | | | | | |
| Care for conscious choking victim | | | | | | | | | | |
| Reaching assist | | | | | | | | | | |
| Throwing assist | | | | | | | | | | |
| Rescue breathing | | | | | | | | | | |
| New Skills and Information | | | | | | | | | | |
| Tread water | | | | | | | | | | |
| Tread water, kicking only | | | | | | | | | | |
| Compact jump from height with rescue tube | | | | | | | | | | |
| Front crawl with rescue tube trailing | | | | | | | | | | |
| Breaststroke with rescue tube trailing | | | | | | | | | | |
| Surface dive and retrieve object from bottom | | | | | | | | | | |
| Swim on back holding object (face out of water) | | | | | | | | | | |
| Wading assist with equipment | | | | | | | | | | |
| Walking assist | | | | | | | | | | |
| Beach drag | | | | | | | | | | |
| Hip and shoulder support | | | | | | | | | | |
| Head splint | | | | | | | | | | |
| Using a backboard | | | | | | | | | | |
| Two-person removal from water | | | | | | | | | | |
| Exit Skills | | | | | | | | | | |
| Exit Skill 1 | | | | | | | | | | |
| Exit Skill 2 | | | | | | | | | | |

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).